

WOMAN'S BACKACHE



The back is the mainspring of woman's organism. It quickly calls attention to trouble by aching. It tells, with other symptoms, such as nervousness, headache, pains in the loins, weight in the lower part of the body, that a woman's feminine organism needs immediate attention.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

Mrs. Will Young, of 6 Columbia Ave., Rockland, Me., says:

"I was troubled for a long time with dreadful backaches and a pain in my side, and was miserable in every way. I doctored until I was discouraged and thought I would never get well. I read what Lydia E. Pinkham's Vegetable Compound had done for others and decided to try it; after taking three bottles I can truly say that I never felt so well in my life."

Mrs. Augustus Lyon, of East Earl, Pa., writes to Mrs. Pinkham:

"I had very severe backaches, and pressing-down pains. I could not sleep, and had no appetite. Lydia E. Pinkham's Vegetable Compound cured me and made me feel like a new woman."

FACTS FOR SICK WOMEN.

For thirty years Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills, and has positively cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, that bearing-down feeling, flatulency, indigestion, dizziness, or nervous prostration.

NASTY.



He—You are getting on fine.
She—Am I swimming gracefully?
He—Um—yes. All except your face.

Gave It to Them Straight.

At a heavy transfer point on Sixth avenue, says a letter to the New York Times, few seats being vacant on a Twenty-third street car, a youth darted under the arm of a stout woman and plumped himself down in the seat she was about to occupy. Glaring she hurled at him: "If I wasn't a perfect lady I'd swear you one on the mouth." Another young man arose raised his hat, and begged her to sit down. When seated she beamed upon him and said: "Sir, you're a gentleman; other others is hogs."

Was Used to It.

On a very hot Sunday morning James was required to accompany his father to church.

That was contrary to his inclination.

"Father," said he, "why need people go to church when it is so hot?"

"My son," his father replied, "Satan is around as much in hot weather as at any time."

"Oh," said the boy, "but Satan does not mind hot weather!"

NO GUSHER

But Tells Facts About Postum.

"We have used Postum for the past eight years," writes a Wis. lady, "and drink it three times a day. We never tire of it."

"For several years I could scarcely eat anything on account of dyspepsia bloating after meals, palpitation, sick headache—in fact was in such misery and distress I tried living on hot water and toast for nearly a year."

"I had quit coffee, the cause of my trouble, and was using hot water, but this was not nourishing."

"Hearing of Postum I began drinking it and my ailments disappeared, and now I can eat anything I want without trouble."

"My parents and husband had about the same experience. Mother would often suffer after eating, while yet drinking coffee. My husband was a great coffee drinker and suffered from indigestion and headache."

"After he stopped coffee and began Postum both ailments left him. He will not drink anything else now and we have it three times a day. I could write more but am no gusher—only state plain facts."

Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

NOTES FROM MEADOWBROOK FARM

By William Pitt



It is impossible to keep the milk utensils too clean.

The dairy without the Babcock tester is like the engine without the governor.

Cream that is ripe for churning presents a smooth, satiny appearance when stirred.

The well-worn hoe is a good testimonial for the farmer. The rusty hoe tells another tale.

Little things done in season will lighten the big tasks and make farming more pleasant and profitable.

One farmer recommends quarter pound doses of baking soda for colic in animals.

Buttermilk is made from skim milk that has soured until the casein is clabbered, when it is churned as one would for butter.

The fruit tree that shows a tendency to split at the crotch can be saved by boring a hole at the point of the split and putting a bolt through with a washer at either end.

The intestinal nodules in nodular disease of sheep have been regarded as tuberculous in character, but are now known to be due to the irritation caused by the immature form of an intestinal worm.

After harvesting the root crops turn the sheep in on the fields. They will pick up many of the small roots left behind. Surprising how much good feed is lost if the animals do not help to pick it up.

A two-inch hole bored a foot deep into the stump and filled with salt-peter to which water is added and left to stand a couple of months will hasten the burning of the stump.

Do you know how to ground your fence-wires to prevent lightning doing damage to stock? Simply thrust a length of heavy wire several feet into the ground down the side of occasional posts, and staple to the fence wires where they cross.

For the farmer who still uses blinders upon his horses and a tight check-rein, a humane stock-raiser suggests the experiment of tying his head back as far as possible and then putting a black piece of cloth one inch in front of his eyes. He wouldn't like it, to be sure. Neither does the horse.

Dirty eggs are usually hard to clean. Vinegar is used by some and some use brick dust as a scouring material. Soap and water seldom give satisfaction. The use of alkali on the egg removes the mucilaginous substance and this reduces the power of the egg to keep. This mucilaginous material fills the pores and so keeps out the air.

Carrots are good feed for dairy cows as well as other stock. When not fed in too large quantities they provide the best winter food for the milk cows. The carrot is always greedily eaten by stock, as it has in it a considerable quantity of sugar and no element of bitterness. Carrots are also supposed to help color the milk in the direction desired, but it would take a good many carrots to accomplish much in this regard. The effect of feeding carrots is very good on the digestive system.

The appointment of a commission by the president to study farm conditions with a view to suggesting reforms that will make farm life more pleasant and wholesome has afforded the humorists of the country a new subject for their witcrafts. Here is how it strikes the rhymer on the Washington Post:

We've been investigated down to Pohlke on the Crick.

An' I reckon that reform will strike us farmers purty quick;

We want the chickens taught to lay an egg just as they should,

'Thout settin' up a cackle that'll wake the neighborhood;

We want the pigs to break away from customs of the past

And cows should be persuaded not to eat so fast;

And cows should be persuaded not to overturn the pails

When milkin' time comes 'round, an' not be switchin' of their tails.

We ought to make arrangements with the weather bureau, too,

For havin' rain turned on or off, accordin' to 's due;

It's a mighty glorious feelin' to be lookin' toward the day

When we'll give up all the bothers of our plain old-fashioned way.

When we'll sit up on a fence rail in some cool an' shady nook

An' help the corn an' 'taters grow by readin' from a book.

We've rolled our shirt sleeves down; nobody wants to do a lick

Until this farm reform has lit at Pohlke on the Crick.

Watch the butter milk and be sure you are not losing lots of butter fat.

Little leakages cause big losses in the aggregate. Remember that.

Young ewes should as a rule never be bred under 14 months.

When through using a tool, or machine, put it up.

Feed the horses regularly. Irregular feeding encourages bolting of food, leading to indigestion.

It is no longer a question: Does the silo pay? Rather, what is the best method of handling the silo?

Don't forget that charcoal is good for the hogs, salt, also. Have it where they can help themselves.

The road horse stuffed with hay makes a poor traveler. Feed light on hay and heavier on oats when using the horses much.

Large animals consume less pounds of dry material per 1,000 pounds live weight per day than do small ones.

Intelligent feeding of live stock requires not only a knowledge of the food constituents, but a knowledge of the animals fed.

The bull that isn't dangerous and the gun that isn't loaded both belong in the same class and should be given a wide berth.

Be sure the chickens, young and old, have plenty of gravel. Much bowel trouble is caused by lack of good grits.

Bone and grains are needed by the hens. See that they have a supply always on hand. Provide oyster shell and charcoal, also.

It is the gentle, steady rainfall as well as the even-tempered man which does the most good. Violent thunder storms and violent tempers do lots of damage.

When building the hen house be sure it has a south exposure and good window space. It will make it bright and warm this winter and will make the hens feel like laying.

It has long since been demonstrated by experiments that corn alone does not make the best or most economical fattening ration. The corn must be balanced by a feed containing more of protein.

The board silo can be given a cement lining by cleating with lath and applying the cement. Silos thus lined should be thoroughly cleaned each year and then washed with thin cement to fill the cracks which may have formed in the thin lining.

Cream that has been allowed to stand too long will break or become watery and will not make the best flavored butter. The secret of good butter making is knowing just when the cream has reached the right stage of acidity.

The horse with a long-established case of worms should be given a purgative before any tonic treatment is begun. Administer four drams of aloes before breakfast or on an empty stomach. Also give a warm enema of four quarts of strong soapuds. Follow this with a course of tonics. Sulphate of iron, two drachms; gentian, four drams, and columbo, two drams; twice daily, for a week or two. Give at the same time sound, nourishing diet and gentle regular exercise.

Successful dairymen plan a system of crop rotation which enables them to have one market or cash crop, besides the profits from the dairy. The increased fertility brought on to the farm from the use of concentrated feed stuffs more than offsets the amount of fertility removed by the sale of the dairy products. Another factor is that the same help required properly to conduct a dairy can find time, outside of the regular routine of dairy work, to care for a profitable market or cash crop.

Tuberculosis symptoms vary according to the location of the disease. Commonly the lungs are more or less involved. The disease is characterized by dullness, tenderness of withers, back and loins, occasional dryness of the nose, heat of the horns and ears, want of pliancy of the skin, accelerated pulse, bad breath, slight, infrequent, dry cough, blue watery milk. If you are alarmed at the appearance of your herd write for expert opinion to your state experiment station.

Clean cream, cold cream and rich cream are the three graces of the dairy business. Be clean and sanitary in milking. Have all pails, crocks, cans and dairy utensils scalded and clean. Keep the separator clean by washing after each separating. Cool each lot of cream in cold water before setting it away and have it thoroughly cooled before adding to the general lot of cream. Have a tank of cold water or a well-ventilated cool cellar in which to keep the cream. Stir each of the separate lots of cream every day to keep them uniform. Have a wire screen for each vessel so as to "air the cream" and keep out flies and insects. Skim a rich cream 35 to 40 per cent., and it will keep sweet longer. Deliver the cream to the creamery or receiving station three times a week in summer and twice a week in winter.

The Very Thing



FREE The New COOKS BOOK

A choice collection of 80 recipes, with the latest baking helps and a fund of valuable information, edited by MRS. JANET MCKENZIE HILL, of The Boston Cooking School, the noted authority on Domestic Science. Elegantly illustrated and printed on finest plate paper.

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Secure the coupon from a 25-cent can of K C Baking Powder. Cut this out, write name and address and mail with coupon to Jaques Manufacturing Co., Chicago. Dept. 68.

SPORTING TERMS ILLUSTRATED.



Two to one; bar one.

Beware of Ointments for Catarrh that Contain Mercury.

Mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces. Such articles should never be used except on prescription from reputable physicians, as the damage they will do is ten fold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, O., contains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure you get the genuine. It is taken internally and made in Toledo, Ohio, by F. J. Cheney & Co. Testimonials free. Sold by Druggists. Price, 75c per bottle. Take Hall's Family Pills for constipation.

A Warning.

Handsome Percy Hasbrooke, the young chauffeur, drew the girl more closely to him.

"All the world loves a lover, dear Percy," he whispered.

But Lotta Golde's red lip curled somewhat skeptically.

"You haven't interviewed papa yet, Percy," she warned him.

With an ominous moaning sound the great car sped on.

"SPOHN'S."

This is the name of the greatest of all remedies for Distemper, Pink Eye, Heaves, and the like among all ages of horses. Sold by Druggists, Harness Makers, or send to the manufacturers, \$5.00 and \$10.00 a bottle. Agents wanted. Send for free book, Spohn Medical Co., Spec. Contagious Diseases, Goshen, Ind.

Blackwell's.

Ma Twaddles—Well, here's a "Napoleon of Wall street," who is well named.

Pa Twaddles—How's that?

Ma Twaddles—He's spending his last days on the island.—Cleveland Leader.

ALL UP-TO-DATE HOUSEKEEPERS Use Red Cross Ball Blue. It makes clothes clean and sweet as when new. All grocers.

It is a proof of nobility of mind to despise insults.—Latin proverb.

Use Allen's Foot-Ease. Cures itching, swelling, redness, etc. Trial package free. A. S. Olmsted, Le Roy, N. Y.

Self-realization comes through service for social redemption.

VELIE WROUGHT VEHICLES IRON ASK YOUR DEALER OR JOHN DEERE PLOW CO.

WIDOWS' under NEW LAW obtained by JOHN W. MORRIS, Washington, D. C.

LEWIS' SINGLE BINDER STRAIGHT 5¢ CIGAR ALWAYS RELIABLE PUTNAM FADELESS DYES

Color more goods brighter and faster colors than any other dye. One 10c package colors all blues. They dye in cold water better than any other dye. You can dye garments without ripping apart. Write for free booklet—How to Dye, Bleach and Mix Colors. MONROE DRUG CO., Quincy, Illinois.

A Keen Nose.

Grandmother—Why is the baby so happy?

Nurse—Oh, his mother and father are coming.

Grandmother—I don't see them!

Nurse—Nor I, ma'am. But the child's nose is very keen. He smells the automobile, ma'am!—Harper's Weekly.

At the Other Extreme.

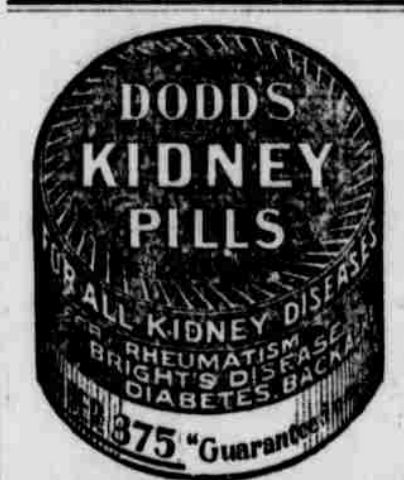
Just as you are pleased at finding fault, you are displeased at finding perfection.—Lavater.

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. Use a bottle.

All's to be feared where all's to be gained.—Byron.

FARMS FOR RENT or sale on crop payments. J. MULHALL, Sioux City, Ia.

Obedience is better than sacrifice.—Latin proverb.



SICK HEADACHE

CARTER'S LITTLE LIVER PILLS.

Positively cured by these Little Pills.

They also relieve Distress from Dyspepsia, Indigestion and Too Hearty Eating. A perfect remedy for Dizziness, Nausea, Bloating, Brilliancy, Bad Taste in the Mouth, Coated Tongue, Pain in the Side, TORPID LIVER. They regulate the Bowels. Purely Vegetable.

SMALL PILL. SMALL DOSE. SMALL PRICE.

Genuine Must Bear Fac-Simile Signature.

Small Pill. Small Dose. Small Price.

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Do You Suffer From Sick Headache?

"Liven the Liver."

In a majority of cases a bad liver means a bad head. Fix the liver and you fix the head.

SCHENCK'S MANDRAKE PILLS

Plain or Sugar Coated.

For all the ailments resulting from the liver.

They are a sure, permanent relief for Indigestion, Constipation, Nausea, Heartburn, Flatulency, Giddiness, Malaria, Jaundice, etc.

Guaranteed All Vegetable. Absolutely Laxative.

In use for Seventy Years.

For Sale Everywhere. 25 cents a box or by mail.

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W. L. Douglas makes and sells more men's \$3.00 and \$3.50 shoes than any other manufacturer in the world, because they hold their shape, fit better, and wear longer than any other make.

Shoes at All Prices, for Every Member of the Family, Men, Boys, Women, Misses & Children.

W. L. Douglas \$4.00 and \$5.00 Oiled Shoes cannot be equalled at any price. W. L. Douglas \$5.00 and \$5.50 shoes are the best in the world.

Real Color Symbols Used Exclusively. No Fake No Substitutes. W. L. Douglas name and price is stamped on bottom. Sold everywhere. Shoes mailed from factory to any part of the world. Catalogue free.

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Use Bell Long Distance Telephone THE SPEEDY WAY.

DEFIANCE STARCH earliest to work with and starches clothes nicest.

W. N. U., Kansas City, Mo. 41, 1908.

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Stock Yards, Kansas City, Mo.

OCTOBER 12-17, 1908.

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Angus, Thursday, Oct. 15 } Sales Dates: } Shorthorn, Friday, Oct. 16

Also sales of Swine, Sheep, Goats, Feeding Cattle and Sheep.